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COOPERATIVE EXTENSION WORK IN AGRICULTURE
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SUGARLESS RECIPES

It is really a simple matter to prepare many of our accustomed sweets without sugar. There are a number of sugar-containing substances which will furnish the desired sweet flavor and a slight readjustment with regard to the liquid in any given recipe, is almost all that is required.

Honey, cane sirup, molasses, maple sirup, sorghum and corn sirup make up a considerable list of sweetening agents from which to select, almost any one of which may be used to replace the solid sugar to which we have been accustomed.

Finally, there are a number of sweet fruits which, in the dried state especially, are splendid sweetening agents. Raisins, dates, figs, and the somewhat neglected dried pear, all serve to add sweetness to the foods with which they are combined, and help to save sugar.

In general it may be said that 1 cup of sugar may be replaced in any recipe by 1 cup of honey, cane or maple sirup or molasses, or by 1-2/3 cups of corn sirup. At least 1/4 cup of liquid for every cup of honey or sirup used to replace sugar must be deducted from the recipe.

In cooking fruits, such as apples, it has been noticed that long, slow cooking helps to develop sweetness. Moreover, very little liquid should be added during the cooking process, the purpose being to concentrate the natural fruit juice present and increase the relative sweetness. Hence, in baking apples, sufficient time should be allowed for this development of the sweetness inherent in the fruit.

When dried fruits are used, care should be taken to retain as much as possible of the sugar, stored therein. The fruit should be washed rapidly, then covered with the required amount of cold water (1 1/2 parts water to 1 part fruit), and allowed to soak several hours or overnight. The fruit should then be cooked very slowly in the same water in which it has soaked. When thus prepared most dried fruits will require very little added sweetening. Moreover, excellent combinations of several fruits may be made which will require practically no further sweetening. Thus, apples and raisins, prunes and raisins, peaches and pears, apricots and pears, prunes and dates, apricots and figs, if properly cooked, all blend well and may be served without added sweetening.

A limited number of sugar saving recipes are given here. Additional ones will be found in Farmers' Bulletin 553, "Honey and Its Uses in the Home".

C O O K E D F R U I T S.

Baked Apples.

Wash as many apples as required and remove cores without paring. Place in a baking dish with very little water and one teaspoon of butter. substitute to 3 apples. Cover the dish and let the apples cook until the skins are tender. Remove the cover and bake very slowly for one hour. Then pour over each apple 1 scant teaspoon of sirup; continue baking 15 minutes and remove from oven.

Stuffed Baked Apples.

Prepare apples for baking by washing and removing the core. Fill the opening thus made with dessicated coconut, or raisins or a mixture of the two. Cover, add a little water and butter substitute and bake slowly for one hour or more, removing the cover 15 minutes before the apples are to be taken from the oven.

Stewed Dried Apples.

2 cups dried apples	4 tablespoons sirup
2 cups cold water.	

Wash the apples and soak several hours in 2 cups of cold water. Cook in the same water, adding a little more only if necessary. Simmer very gently until quite tender. Add the sirup, and let boil up once and remove from the fire. A dash of cinnamon or a grating of lemon peel is sometimes a nice addition.

S U G A R L E S S D E S S E R T S.

Baked Custard.

4 eggs	1/4 teaspoonful salt
1 scant quart milk	1/2 cup corn sirup
1 teaspoon vanilla, or a bit of cinnamon & nutmeg.	

Beat the eggs, add the salt, sirup and flavoring and finally the scalded and cooled milk. Blend thoroughly. Fill into earthen cups; place these in a rather deep pan of water, and bake in a moderate oven until the custard has set.

Fruit Tapioca.

1/3 cup minute tapioca	1 pint water
1 cup dried fruit (apricots, apples or prunes and raisins)	1 teaspoon salt
	Sirup to taste.

Wash the fruit and soak several hours in just enough cold water to cover. Heat one pint of water to boiling, add the salt and the tapioca. Cook in double boiler about 15 minutes or until clear; then add tablespoons of cane or corn sirup to sweeten to taste, remove from the fire and turn into one large or several small molds wet with cold water. When cold unmold and serve with cream or with a soft custard.

Oatmeal Pudding
6 portions

1 cup rolled oats	1/3 teaspoon salt
1 1/2 cups water	1 cup dried fruit
sirup to taste	

Wash one cupful of dried fruit, cover with fresh water and allow to soak several hours or overnight. Apples, apricots, prunes or a mixture of one of these with raisins, figs or dates may be used. Cook the oats, salt and 1 1/2 cups of water 20 minutes in a double boiler. Add the soaked fruit and continue the cooking for an hour. Sweeten to taste with sirup, a few tablespoons will be sufficient. Remove from the fire; turn into one large or several individual molds.

Serve cold with cream, or with a soft custard, or with a fruit sauce.

Suet Pudding with Cocoanut

1/2 c	1/2 cup suet	1 1/2 cups flour (part substitute)
	1/2 cup cocoanut	1 1/2 teaspoons baking powder
	1/2 cup sirup	3/4 cup raisins with 1 tbsp flour
	1/2 cup milk	1 1/2 teaspoon cinnamon
	3/4 teaspoon salt	1/4 teaspoon allspice
	1/4 teaspoon cloves	1/4 teaspoon mace

Mix all together thoroughly, place in well greased baking powder or coffee cans with lids tied down and steam three hours. Serve with liquid sauce.

P U D D I N G S A U C E S

Any sirup prepared from the fresh fruit, such as grape, apple, etc., is delicious in combination with a baked or steamed pudding.

Fruit Sauce

1 cup dried fruit	2 tbsp. cornstarch
3 cups water	1 teaspoon lemon extract
1/8 teaspoon salt	Sirup to taste

Wash and soak the dried fruit. Cook it in three cups of water until very soft. Rub through a sieve and put back into a saucepan with the salt. When boiling, thicken it with the cornstarch rubbed smooth with a little cold water. Cook gently 5 to 10 minutes. Sweeten with sirup and, if desired, add a little lemon extract.

Molasses Sauce

Boil 2 cups of molasses or sirup until slightly thick. Add 1/2 spoon of butter, a tablespoon of lemon juice and a generous dash of cinnamon. Serve hot.

SUGARLESS PIES.

Molasses or sirup may well be used to sweeten pie fillings.

Apple Pie.

When the pie tin has been lined with pastry, sprinkle it generously with flour or cornflour. Fill with thinly sliced tart apples and for every apple used, allow two teaspoons of sirup. Dot the top with bits of butter substitute, and a bit of cinnamon and nutmeg, and cross-bar the top with strips of pastry. Bake very slowly until the apples are tender.

Chocolate Cream Pie Filling. (1 Pie)

1 cup milk	1 square (1 oz.) chocolate, or
1 cup corn sirup	3 tbsp. cocoa
4 tablespoons cornstarch	1 teaspoon vanilla
1/8 teaspoon salt	2 egg whites for meringue
2 egg yolks.	

Heat the milk to boiling. Add the cornstarch rubbed smooth with a little of the cold milk. Cook thoroughly in a double boiler, adding the salt, sirup, chocolate and beaten yolks. Cook until thick enough to "pile". Remove from the fire and add the vanilla.

Beat the whites stiff, add 2 tablespoons of honey, beating in thoroughly. Spread over the pie and brown delicately in the oven.

SUGARLESS CAKES.

Molasses Ginger Cake.

1 cup molasses	1 $\frac{1}{2}$ cups wheat flour
1/3 cup butter substitute	1 $\frac{1}{4}$ cups corn flour (or other substitute)
1 egg	2 teaspoons baking powder
1/4 teaspoon salt	2 teaspoons ginger
1/2 teaspoon soda	
Milk (about 1/2 cup)	

Cream the shortening and add the molasses to which has been added the soda. Break in the egg and beat well. Sift together the flours, salt, baking powder and spice, and add to the sirup mixture. Add milk, if necessary, to yield a smooth cake batter. Bake in a loaf, about 40 minutes; or in sheets, about 25 minutes.

Molasses Cookies

54 cakes

$\frac{1}{2}$ cup sirup	$1\frac{1}{4}$ cups wheat flour
$\frac{1}{4}$ cup butter substitute	$1\frac{1}{4}$ cups corn flour
2 tablespoons milk	2 teaspoon baking powder
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon allspice
	$\frac{1}{2}$ teaspoon cinnamon

Mix, roll very thin, cut into rounds or squares and bake rather quickly until light brown (8 to 10 minutes).

Honey Loaf Cake

1 cup honey	$1\frac{1}{4}$ cups wheat flour
$\frac{1}{2}$ cup butter substitute	$1\frac{1}{4}$ cups cornflour
3 eggs	(or other substitute)
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla extract
	1 teaspoon lemon extract

Cream the fat; blend with it the honey; add the beaten yolks of the eggs and the flavoring, if desired. Sift together the flours, salt and baking powder and add to the honey mixture. Fold in the stiffly beaten whites of the eggs and pour into a greased loaf pan. Bake in a very moderate oven about 40 minutes.

Honey Frosting

Boil $1\frac{1}{2}$ cup clear honey until it threads. Whip it slowly into the stiffly beaten white of one egg, beating until cool and thick.

Honey Christmas Cakes

$\frac{3}{4}$ cup honey	$\frac{1}{2}$ cup flour
4 tablespoons butter substitute	$\frac{1}{2}$ cup cornflour
$\frac{1}{4}$ teaspoon salt	1 teaspoon baking powder
1 egg	$\frac{1}{4}$ teaspoon ground nutmeg
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ cup blanched almonds cut fine
2 tablespoons finely cut citron	

Cream the fat; blend with this the honey; whip in the egg until foamy. Sift together the flours, baking powder, salt and spices. Add the nuts and citron to the flour mixture and blend all together. Drop by teaspoonfuls onto a baking sheet or into a shallow pan and bake in a moderate oven until a delicate brown, about 15 minutes.

Currants or chopped raisins may be used instead of citron and pecans or other nuts instead of almonds.

Cocoanut Wafers.
(64 cakes)

1 cup sirup
1/2 cup butter substitute
2 eggs
2 teaspoons vanilla
extract
Milk, if required

1 cup shredded cocoanut
1 1/2 cups wheat flour
1 cup cornflour (or other substitute)
3 teaspoons baking powder
1/2 teaspoon salt

Heat together the sirup and cocoanut and allow to boil gently 5 minutes. Remove from the fire and when cool blend with it the shortening; next the eggs, well beaten, and then the vanilla. Sift together the flours, salt and baking powder and add to the sirup mixture. Mix thoroughly, having dough rather soft, and drop by teaspoonfuls about one inch apart onto a lightly greased baking sheet. Bake to a delicate brown in a very moderate oven.

F R U I T P A S T E S

These sugarless confections are an excellent substitute for candy.

Apple Paste with Sirup.

Pare, core and slice several well flavored apples, add the least amount of water that will keep them from burning and cook slowly until soft. Allow 1/3 cup sirup to every cup of apple pulp. Cook together very slowly, stirring often to keep it from burning, until the mass is so thick that it will not run together when the paddle is drawn through. Pour into a greased shallow dish to cool or, better still, upon the bottom of an inverted enameled pan. When thoroughly dry cut into squares and roll in ground cocoanut.

Grape Paste with Sirup

Boil one pint of grape pulp 30 minutes. Add 3/4 cup sirup and continue to cook until so thick that it will not flow together when the paddle is drawn through. Stir often to prevent scorching. Pour upon the bottom of an enameled pan, previously greased, and when dry cut into squares and roll in ground cocoanut.

Walnut Confection

2 lbs. raisins
1 tbsp. butter
1/2 cup honey

2 cups pecans (or other nuts)
1/4 teaspoon salt

Grind the raisins in the food chopper and place, with the butter, in heating three minutes. Blend with this the ground nuts; then add honey. Mix well, form into balls and roll in ground cocoanut.

DRIED FRUIT CONFECTIONSRaisin Chocolates

Select large raisins and free them from seeds. Dip them for a moment in boiling water then cover with a towel for several minutes. Dip them one by one in melted bitter-sweet chocolate or in a fudge mixture. The raisins may be stuffed with peanuts or other nuts before dipping them in chocolate.

Stuffed Prunes

Wash plump prunes thoroughly and soak them several hours in very little water. Remove the seeds and fill the cavities with seeded raisins or with nuts. If desired roll them in ground dessicated coconut.

Stuffed Dates

Select choice dates and wash them rapidly in boiling hot water. Dry on a towel and remove seeds. Fill the cavities with any desired nuts, or with a bit of peanut butter or with a bit of marshmallow. Roll in ground dessicated coconut.

SUGARLESS CANDIESChocolate Caramels

1 cup cane sirup 2 squares chocolate
1 tbsp. butter substitute

Cook the sirup until it forms a hard ball when dropped into cold water. Add the chocolate, shaved thin, and then the butter. Allow to cook until it is crisp when dropped into cold water. After removing from the fire add 1 teaspoon of vanilla extract, if desired, or chopped nuts or raisins. Pour into buttered shallow pan and, when almost cold, mark into squares.

Molasses Taffy

1 cup cane sirup 1 tablespoon butter substitute
1 tablespoon vinegar 1/8 teaspoon cream of tartar

Cook together the sirup, vinegar and cream of tartar until crisp when dropped into cold water. Add the butter and when well blended pour into buttered shallow pan to cool. Do not beat or stir much. When cool enough to handle, pull it.

Coconut Taffy

Prepare mixture as for plain taffy. Shortly before removing from the fire add 1/2 cup dessicated coconut. Pull as for plain +

Turkish Paste with Honey

1½ cups honey	1 cup pecan or other nut meats,
1 box (2 envelopes) granu-	if desired
lated gelatine	1½ doz. candied cherries if
¾ cup orange juice.	3 slices candied pineapple desired
Juice of 1 lemon	Grated rind of 1 orange

Soak the gelatine in the orange juice. Boil the honey until clear, add the gelatine and let the mixture boil 20 minutes. Remove from the fire, add the lemon juice, grated orange rind, and the nuts, candied cherries and pineapple if desired. Pour into a shallow, oiled pan and when cold turn out and cut into squares. Roll in ground coconut or powdered sugar.

Molasses Marshmallows

1 envelope granulated gelatine	1 cup molasses
4 tablespoons cold water	¾ cup honey (or all molasses)
2 tablespoons boiling water	2 teaspoons vanilla extract

Soak the gelatine in the cold water. Boil the molasses and honey until the sirup spins a long thread from the end of a fork. Add the soaked gelatine to which 2 tablespoons of boiling water have been added. Allow the mixture to boil 5 minutes. Remove from the fire, add the vanilla and beat until the mixture is about as thick as cake batter. Pour into a shallow buttered pan, and when "set" turn out and cut into squares. These may be rolled in ground coconut, or dipped in melted chocolate, or used as a filling for stuffed dates.

Molasses Popcorn

1 cup sirup	2 to 3 quarts popped corn
1 tablespoon vinegar	Dash of salt
1 tablespoon butter substitute	

Boil the sirup and vinegar until it forms a hard ball when dropped into cold water. Add the butter, remove from the fire and pour the mixture over the freshly popped corn, which has had a dash of salt. Blend well and form into balls or roll out to a sheet 1/2 inch thick and cut into rounds.

Peanut Brittle

1 cup sirup	1 cup parched peanut meats
1 tablespoon vinegar	1 teaspoon vanilla, if desired

Cook the sirup and vinegar until it hardens when dropped into cold water. Remove from the fire, add the vanilla and the nuts, then pour onto a slab or tin.

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